

## Drumming for Health & Therapy

If you can talk - you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.



Instructor: Gregg Hansen  
Location: Izaak Walton Clubhouse, 18 S Sunset  
Fee: \$36 resident/\$45 non-resident

### Beginning Drumming

Simple rhythms will be presented slowly and patiently.

16 & up:	Tuesday, 6:30-7:30pm	
Dates:	May 3-24	247330.5A
	May 31-Jun 21	347330.6
	Jul 5-26	347330.7
	Aug 9-30	347330.8

### Continuing Drumming

Now that you've learned the basics, it's time to go deeper. Pre-requisite-Beginning Drumming.

16 & up:	<b>Beginner</b> - Tuesday, 7:45-9pm	
Dates:	May 3-24	247331.5A
	May 31-Jun 21	347331.6A
	Jul 5-26	347331.7A
	Aug 9-30	347331.8A

16 & up:	<b>Beginner</b> - Thursday, 1:30-2:45pm	
Dates:	May 5-26	247331.5B
	Jun 2-23	347331.6B
	Jul 7-28	347331.7B
	Aug 11-Sep 1	347331.8B

16 & up:	<b>Beginner</b> - Thursday, 7-8:15pm	
Dates:	May 5-26	247331.5C
	Jun 2-23	347331.6C
	Jul 7-28	347331.7C
	Aug 11-Sep 1	347331.8C

16 & up:	<b>Intermediate 1</b> - Monday, 7:15-8:30pm	
Dates:	May 2-23	247333.5A
	Jun 6-27	347333.6A
	Jul 11-Aug 1	347333.7A
	Aug 8-29	347333.8A

16 & up:	<b>Intermediate 1</b> - Thursday, 12-1:15pm	
Dates:	May 5-26	247333.5B
	Jun 2-23	347333.6B
	Jul 7-28	347333.7B
	Aug 11-Sep 1	347333.8B

16 & up:	<b>Intermediate 2</b> - Tuesday, 11:30am-12:45pm	
Dates:	May 3-24	247334.5A
	May 31-Jun 21	347334.6A
	Jul 5-26	347334.7A
	Aug 9-30	347334.8A

16 & up:	<b>Intermediate 2</b> - Wednesday, 7:45-9pm	
Dates:	May 4-25	247334.5B
	Jun 1-22	347334.6B
	Jul 6-27	347334.7B
	Aug 10-31	347334.8B

## Dance Ballroom for Couples

Come learn the fundamentals of ballroom dance while having fun with your partner (you will dance with the partner you come with - no partner rotation). Learn basic lead and follow techniques and fundamental body mechanics in four dances.



14 & up:	Apr 20-May 18, 7:30-8:30pm	244700.B
	Jun 1-29, Wed, 7:30-8:30pm	344700.06
	Jul 6-Aug 3, Wed, 7:30-8:30pm	344700.07

Instructor: Christian Thierens  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$120 resident/\$150 non-resident

### Wedding Dance Workshop

Are you getting ready for an upcoming wedding or cruise? Learn the basics of the elegant Waltz and the smooth Foxtrot- two of the most popular Wedding dances. If you have a song to dance to, please bring it to class on a CD. No experience necessary. Fee is per person.

16 & up:	May 20-27, Fri, 7- 9pm	244731.B
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Instructor: Casablanca Dance Studio  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$40 resident/\$50 non-resident

## Art & Creative Pursuits

### No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and create a glowing painting. Supply list available at time of registration or on line.

Instructor: Dorothy Pecina  
Location: Carriage House Art, 11938 Oxford Rd  
Fee: \$48 resident/\$60 non-resident

18 & up:	Mon, 9-11am	
Dates:	May 2-23	247301.05
	Jun 6-27	347301.06
	Jul 11-Aug 1	347301.07
	Aug 8-29	347301.08

18 & up:	Wed, 1-3pm	
Dates:	Apr 27-May 18	247303.05
	Jun 8-29	347303.06
	Jul 6-27	347303.07
	Aug 3-24	347303.08

### Continuing Colored Pencils

Prerequisite: Botanical illustration using colored pencil or/and drawing of animals with colored pencil. This is a continuing exploration with colored pencil drawing. Explore drawing shiny or reflective surfaces such as, marbles, iridescence using seashells, metallic using humming birds and ornaments. \$5 handout fee paid to instructor 1st day of class. Supply list available on-line or at registration.

16 & up:	May 4-25, Wed, 6-8pm	247316.05
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Instructor: Donna Clement  
Location: Senior Center, 910 Longs Peak Ave  
Fee: \$42 resident/\$52.50 non-resident

## Beginning Latin Dance

If you're looking for a way to spice up your relationship, come experience the rhythms and culture of Latin America in this class. You will be learning the up beat Merengue, lively Cha Cha and the romantic Rumba. This is a fun class that is a great workout as well. Fee is per person.

16 & up: Jun 3-Jul 1, Fri, 8-9pm 344705.A  
Instructor: Casablanca Dance Studio  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$45 resident/\$56.25 non-resident

## Jitterbug Swing

Jitterbug Swing is a great upbeat dance which has a nice Be-Bop movement. This is done to a moderate tempo, so the smoke isn't coming from your soles. We will show the lead and follow to make this fun for everyone. Get your best two-toned shoes on and come dance! Fee is per person.

16 & up: Jun 3-Jul 1, Fri, 7-8pm 344720.A  
Instructor: Casablanca Dance Studio  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$45 resident/\$56.25 non-resident

## Adult Hip Hop

A fun, energetic, non-threatening class for adults. This class offers a get away to "rock out" to funky music and explore hip hop movement. Come and join the fun!

18 & up: Jun 14-Aug 2, Tue, 6:30-7:30pm 344735.A  
Location: Dance Dimensions, 638 Main St  
Fee: \$104 resident/\$130 non-resident

## Learn to Crochet

This course is for the absolute beginner. Learn to crochet by making a sampler hand bag. Plan to crochet between the 2 classes so you are ready to finish off your purse at the 2nd class.



\$25 materials fee payable at 1st class (covers 2 skeins of yarn, crochet hook, pattern and "Learn To Crochet, Now" book). \*NO Class 6/14.

12 & up: Jun 7 & 21, Tue, 6-8pm 347400.06  
Instructor: Debby Telfer  
Location: Creation Station, 519 4th Ave  
Fee: \$32 resident/\$40 non-resident

## Tunisian Crochet

This course is for the beginner who knows how to do basic crochet stitches: chain, single crochet, and can read crochet patterns. Knitters also find this a fun crochet stitch to learn. Create a beautiful Tunisian lace scarf. This versatile stitch allows you to crochet items that have a knit and other distinct woven looks with a long Tunisian crochet hook. \$20 materials fee payable to instructor at 1st class (covers 2 skeins of yarn, Tunisian crochet hook and pattern).

16 & up: Jul 12, Tue, 6-9pm 347401.07  
Instructor: Debby Telfer  
Location: Creation Station, 519 4th Ave  
Fee: \$26 resident/\$32.50 non-resident

## Beginning Tap

A great class for those who love music and rhythm. It's never too late to learn to dance! Come join a fun, non-threatening class, starting with the basics and giving a good foundations to build on. Tap shoes required. Call 303-772-3750 for information on appropriate tap shoes.

18 & up: Jun 15-Jul 27, Wed, 6-7pm 344736.A  
Location: Dance Dimensions, 638 Main St  
Fee: \$95 resident/\$118.75 non-resident

## Aerial Dance Class

This basic aerial technique class combines aerial, visual and circus arts with theater and dance for an exhilarating experience. Climbs, foot-wraps, knee-hooks and inversions will condition, challenge and engage every muscle in your body.

18 & up: Jun 15-Jul 20, Wed, 6:30-7:30pm 344750.A  
Location: Longmont Dance Theatre Academy,  
1422 Nelson Rd  
Fee: \$92 resident/\$115 non-resident

## Ballet for Adults & Teens

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the fundamentals of ballet training. This class is designed to get you moving while also developing gracefulness and poise through movement.

14 & up: Jun 14-Jul 19, Tue, 6:30-8pm 344760.06  
Location: Longmont Dance Theatre Academy,  
1422 Nelson Rd  
Fee: \$92 resident/\$115 non-resident

## Art Workshops with Donna Clement

Instructor: Donna Clement  
Location: St Vrain Memorial Building,  
700 Longs Peak Ave  
Fee: \$35 resident  
/\$43.75 non-resident  
+ \$7 materials fee



## Finger Painting for Adults

Why should kids have all the fun? Come for a play date with finger painting. There are professional artists who create their paintings with their fingers instead of brushes. It is a very satisfying tactile way to paint.

14 & up: Jun 25, Sat, 1:30-4pm 347326.06

## Freeform Mixed Media Illustration

Use Watercolor and Pen & Ink to create fantastic abstract artworks. Swirl colors together in a freeform painting, then find shapes in the color to accentuate with pen & ink to create amazing illustrations. Fun, relaxing, meditative experience.

14 & up: Jul 23, Sat, 1:30-4pm 347327.07

## Mixed Media Mandala

Create a Mandala with 4 sections. Each section will use different elements or seasons to represent your life. Choose from water colors, acrylics, colored pencil, or pen & ink. This is a fun, meditative exploration of your life through color, value, texture, and shape.

14 & up: Aug 27, Sat, 1:30-4pm 347328.08



## Metalsmithing & Jewelry Making

Learn about metals, mining, casting and jewelry making techniques in these fun, educational classes taught by an instructor with 40 years experience teaching silversmithing! All materials included in course fee.

Instructor: Don & Kay Norris, Silver Creations  
Location: St Vrain Memorial Building, 700 Longs Peak Ave

### Simple Silversmithing

Make your own sterling silver pendant! Design your own pendant with your choice of colored stone. Don will help you design your pendant, then solder it together for you. Includes 20 inch sterling silver chain.

16 & up:	May 10, Tue, 6-8:30pm	247340.B
	May 31, Tue, 6-8:30pm	247340.C
	Jun 14, Tue, 6-8:30pm	347361.06
	Jul 26, Tue, 6-8:30pm	347361.07
Fee:	\$50 resident/\$62.50 non-resident	

### Simple Rock Wrapping

Make simple pendants and necklaces using wire, stones and copyrighted Rock Wraps. Make two sterling silver wrapped pendants and some copper pieces. Learn about the properties of silver and copper and the stones used. Includes 20 inch sterling silver chain.

16 & up:	Jun 21, Tue, 6-8:30pm	347362.06
	Aug 2, Tue, 6-8:30pm	347362.08
Fee:	\$40 resident/\$50 non-resident	

### Pewter Casting

Cast a pewter hummingbird and flower or butterfly and rose in this unique, educational class! Display your bird or butterfly as a hanging ornament or cast a flower (for an additional \$10 fee) to pair as a beautiful sculpture. Instructor will discuss the history of pewter casting, mining tradition and how he sculpts the molds used for casting.

16 & up:	May 17, Tue, 6-8:30pm	247342.B
	Jun 7, Tue, 6-8:30pm	347363.06
	Jul 12, Tue, 6-8:30pm	347363.07
Fee:	\$45 resident/\$56.25 non-resident	

### Pine Needle Casting

Cast your own pure silver pendant! Melt pure silver, pour it into a bundle of pine needles, then look closely to find your unique pendant. No two pendants are ever alike. Polish your pendant, then wear it home on the provided chain. Includes 20 inch sterling silver chain.

16 & up:	May 3, Tue, 6-8:30pm	247343.A
	May 24, Tue, 6-8:30pm	247343.B
	Jun 28, Tue, 6-8:30pm	347364.06
	Jul 19, Tue, 6-8:30pm	347364.07
Fee:	\$49 resident/\$61.25 non-resident	

## Thai Cooking Basics

Learn to cook traditional Thai food in an open and encouraging environment! Enjoy snacks, sides, and beverages, while preparing and cooking the featured class dish. Is it a class? Is it a party? It's both!

15 & up:		
<b>Pad Ka Pow</b>	May 6, Fri, 6-8pm	247462.5A
<b>Larb Guy</b>	May 13, Fri, 6-8pm	247462.5B
Instructor:	Veraya Connors	
Location:	The Creation Station, 519 4th Ave	
Fee:	\$20 resident/\$25 non-resident + \$7 materials fee payable to instructor	

## Cake Decorating I – Buttercream Skills

Join the fun of learning how to decorate your own cakes to help family and friends celebrate their special occasions. Learn tips to make icing a cake and cupcakes easier and how to pipe simple borders and multiple icing flowers. Supply List available at time of registration.

16 & up:	Jul 11-Aug 1, Mon, 6:30-8:30pm	347480.07
Instructor:	Virginia Mickelson	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

## Cookie Blossoms

Learn how to bake cookies on a stick and decorate them to use in pots, mugs or vases. Cookie blossoms can be used for centerpieces or gifts, with seasonal, holiday or personal celebration themes. Supply List available at time of registration; children ages 10 & up may register with paying adult.

16 & up:	June 13 & 20, 6:30-7:30pm & 6:30-9pm	347481.06
Instructor:	Virginia Mickelson	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$25 resident/\$31.25 non-resident	

## Getting to Know Your Digital Camera

Topics covered include automatic vs manual control, white balance, file formats, ISO settings and reducing red eye. The first class is in the classroom and the second taking pictures the following Saturday from 10-11:30am. Required equipment: Digital Camera and camera manual.

14 & up:	Wed, 7-9pm & Sat, 10-11:30am	
Dates:	Apr 13 & 16	247100.B
	Jun 15 & 18	347100.A
	Jul 13 & 16	347100.B

Instructor:	John Lovell	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$35 resident/\$43.75 non-resident	

## Shooting Pictures Like a Pro

Improve the quality of your photographs. The first class is in the classroom and the second taking pictures, the following Saturday from 10-11:30 outside. Topics covered: posing subjects, lighting, depth of field, stop action and composition. Required: Digital camera with ability to change aperture and shutter speed.

14 & up:	Wed, 7-9pm & Sat, 10-11:30am	
Dates:	May 4 & 7	247101.B
	Jun 22 & 25	347101.A
	Jul 20 & 23	347101.B

Instructor:	John Lovell	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave & Sandstone Ranch Park, 3001 E Sandstone Dr	
Fee:	\$35 resident/\$43.75 non-resident	



**Spanish 101 Beg**

Learning a language is learning a culture. Have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters and musicians. For those with beginner level Spanish experience. \$7 material fee payable to the Instructor at the first class. \*NO Class 8/14.

16 & up:	Jun 7-28, Tue, 6:30-7:30pm	347155.06
	Jul 5-26, Tue, 6:30-7:30pm	347155.07
	Aug 2-23*, Tue, 6:30-7:30pm	347155.08
Instructor:	Kena Guttridge	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$40 resident/\$50 non-resident	

**Spanish 201 Conversation**

Learning a language is learning a culture. Have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters, musicians and cultural facts. For those with Advanced Beginner/ Intermediate Spanish Conversation. \$7 material fee payable to the instructor at the first class.

16 & up:	Jun 9-30, Thurs, 6:30-7:30pm	347156.06
	Jul 7-28, Thurs, 6:30-7:30pm	347156.07
	Aug 4-25, Thurs, 6:30-7:30pm	347156.08
Instructor:	Kena Guttridge	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$40 resident/\$50 non-resident	

**Legal & Business Education****eBay I - The Basics**

Learn how to set up an eBay Seller account, create successful eBay listings, upload pictures and accept credit card payments with PayPal. Learn selling "Tips, Tricks and the Traps" to avoid, how to determine shipping costs, where to get FREE shipping supplies, how to print shipping labels from your home computer and get FREE home pickup.

18 & up:	May 11, Wed, 6-9pm	247600.A
Instructor:	Kevin Boyd	
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$49 resident/\$61.25 non-resident	

**Will Maker Legal Seminar**

In a single easy session, you'll complete a will, financial power of attorney, and combined medical directive (including living will, medical power of attorney, and organ donation). Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Couples must have individual wills.

18 & up:	Apr 20, Wed, 6-9pm	247125.04
	May 19, Thu, 6-9pm	247125.05
	Aug 25, Thurs, 6-9pm	347125.08
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
18 & up:	Jun 8, Wed, 6-9pm	347125.06
	Jul 20, Wed, 6-9pm	347125.07
Location:	Longmont Recreation Center, 310 Quail Rd	
Instructor:	Rebecca Bennetti	
Fee:	\$125 resident/\$156.25 non-resident	

**Real Estate Investment Series**

Instructor: Jim Flint, A Better Way Realty. Jim is a CRS with 30 year's real estate experience in five states.  
Location: St Vrain Memorial Building, 700 Longs Peak Ave  
Fee: \$25 resident/\$31.25 non-resident  
+ \$20 workbook fee, payable to instructor at class

**Fundamentals of Real Estate Investing**

Learn how to take advantage of this buyer's market and profit in real estate. Class covers how to buy homes at foreclosure sales, how much money is needed, how to bid, how to get 15% or more on your money and how to reduce your income taxes. Learn an analytical approach to investing.

18 & up:	Apr 19, Tue, 5:45-9pm	247120.04
	Jun 29, Wed, 6:15-9:30pm	347120.06

**Alternatives to Traditional Real Estate Investing**

There's a world of options out there; commercial property, assisted living homes, partnerships and more! Learn how to create a business plan for your investment, including financing options, management, and the formulas you need to measure your ROI.

18 & up:	Apr 26, Tue, 5:45-9pm	247121.04
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**Managing Your Rental Properties**

Learn how to keep your property rented when others have vacancies, how to screen your prospective tenants and keep the bad ones out and "dos and don'ts" when dealing with tenants. Included is a copy of a lease used in over 800 housing units. This class is taught by Bill Cooper, a 25-year veteran property manager.

18 & up:	Apr 21, Thu, 5:45-9pm	247122.04
	Jun 23, Thurs, 6:15-9:30pm	347122.06

**Health & Wellness****Comfort Touch - Self Care Acupressure**

Following the principles of Comfort Touch, learn basic techniques to improve your well-being and that of your family. Relax and rejuvenate! \$2 materials fee, payable to instructor at class

10 & up:	May 7, Sat, 10-11am	243600.05
Instructor:	Mary Rose, BA, LMT	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$10 resident/\$12.50 non-resident	

**Comfort Touch - Acupressure Workshop**

Following the principles of Comfort Touch, learn basic techniques to improve your well-being and that of your family. Includes complete sequence of Comfort Touch acupressure for the hands, practicing with a partner. Relax and rejuvenate! \$15 materials fee (this is discounted price for 80 page booklet - "Comfort Touch of the Hands & Feet: A Guide for Family Caregivers" by Mary Kathleen Rose.)

16 & up:	Jun 4, Sat, 9am-12pm	343600.06
Instructor:	Mary Rose, BA, LMT	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$25 resident/\$31.25 non-resident	

## Health & Wellness

### Natural First Aid – Level 1

Learn basic herbal tips for treating cuts, bruises, stings, burns and much more from a Certified Clinical Herbalist. Whether at home or in the wild, become familiar with simple natural ways to handle first aid situations. Informative handouts provided.

16 & up: May 4, Wed, 7-8pm 247132.A  
 Fee: \$20 resident/\$25 non-resident  
 Instructor: Jane Anderson, CCH  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

### Make Your Own First Aid Kit – Level 2

Follow-up course to Natural First Aid-The Basics, Level 1. Create your own natural first aid kit. Bring your notes from Level 1 to help guide your kit-creation. Class will go further into herbal first aid remedies.

16 & up: May 16, Mon, 7-9pm 247132.B  
 Fee: \$15 resident/\$18.75 non-resident  
 + \$45 materials fee for kit contents  
 Instructor: Jane Anderson, CCH  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

### Essential Oils 101

What's the buzz about essential oils? Are you wondering how you can use them in your life? Join us in an information-packed, fun-filled class to learn all about using essential oils for everything from illness to chemical-free home cleaning products.

18 & up: May 12, Thurs, 7-8pm 247141.05  
 Jul 14, Thurs, 7-8pm 347140.07  
 Instructor: Jessica Birmingham  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$10 resident/\$12.50 non-resident

### Essential Oils for Summer

Learn how to incorporate essential oils into your summer routine. Everything from natural bug repellents to after-sun skin care. There are oils for kids and adults that will make your summer so much more fun!

18 & up: May 19, Thurs, 7-8pm 247142.05  
 Jun 9, Thurs, 7-8pm 347142.06  
 Instructor: Jessica Birmingham  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$10 resident/\$12.50 non-resident

### Essential Oils for Back to School

Get your backpacks, lunch boxes and essential oils ready for back to school! Learn practical ways to boost immunity, support mood and emotions and increase focus with essential oils. Come ready to learn!

18 & up: Aug 11, Thurs, 7-8pm 347143.08  
 Instructor: Jessica Birmingham  
 Location: Creation Station, 519 4th Ave  
 Fee: \$10 resident/\$12.50 non-resident

### Women's Safety Awareness

Learn awareness theory, stalking methods used by predators, common myths regarding where and when we are safe, home safety tips, traveling safety tips and easily obtained tools you can use for defense. Simple and effective defensive techniques will be taught.

13 & up: May 17, Tue, 6:30-8:30pm 247110.B  
 Instructor: Longmont Police Officers  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$5 resident/\$6.25 non-resident

## Aromatherapy Classes & Workshops

Learn how to use Aromatherapy to improve your health and beauty!

Instructor: Linda Byington, Registered Aromatherapist  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

### Aromatherapy for Travel

Travel and adventure are exciting until you suffer from the common discomforts experienced when venturing away from home. Digestive difficulties, heat exhaustion, bug bites, sleep upsets, and general weariness can plague a traveler. Learn how Aromatherapy is useful at helping to manage these complaints.

15 & up: May 5, Thurs, 6:30-8pm 247148.05  
 June 8, Wed, 6:30-8pm 347148.06  
 Fee: \$20 resident/\$25 non-resident

### Aromatherapy for Women's Health

Want to alleviate common female problems? Learn about essential oils that help balance hormones in PMS or menopause, aromatherapy for bladder infections or hot flashes, recipes for cellulite, insomnia, and more. Learn how aromatic techniques can transform hormones and stress into harmony and balance.

15 & up: Jul 27, Wed, 6:30-8pm 347145.07  
 Fee: \$20 resident/\$25 non-resident

### Stress Reducing Aromatherapy

Stress can cause emotional upsets that make you feel anxious or tense. Learn why essential oils are a wonderful therapy to help manage these emotions. This class addresses the psychological side of Aromatherapy and discusses ways to relieve stress-induced-anxiety and encourage relaxation.

15 & up: Jun 16, Thurs, 6:30-8pm 347146.06  
 Fee: \$20 resident/\$25 non-resident

### Homemade Facial Care

Make your own luxurious bath products. In this hands-on workshop, make a weatherproof cream, foot soak, lip balm and massage oil. Instruction includes how to add aromatic essential oils to your creations to soothe and heal. You also learn Aromatherapy basics.

15 & up: Jun 22, Wed, 6-8pm 347147.06  
 Fee: \$30 resident/\$37.50 non-resident + \$10 materials fee



## Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: May 7, Sat, 3-5pm 213902.1A  
 Instructor: Marcia Babcock, PhD, CPT,  
 Nia Black Belt Instructor  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$10 resident/\$12.50 non-resident

## Summer Meditation at Sandstone Ranch

Looking to nature as our mirror, simply be with breath, body, and thoughts without clinging. Meditation can help us relate to changes in our lives with curiosity, gentleness, and perspective. Practice sitting, walking and lying meditation followed by discussion and tea. Sign up for 6 week session or individual weeks.

18 & up: Jun 15-Jul 20, Wed, 6-7:15pm 343500.A  
 Fee: \$48 resident/\$60 non-resident  
 Drop In: \$10 resident/\$12.50 non-resident  
 Instructor: Katharine Kaufman  
 Location: Sandstone Ranch, 3001 Sandstone Dr

## Practicing Meditation at Home

If you are a yoga student, meditation is a logical step in your development. This class is for beginners, as well as meditators who want to establish a consistent at home practice. You'll learn a variety of techniques that incorporate movement, sound repetition and focused breathing.

18 & up: Aug 6, Sat, 10am-12pm 343594.08  
 Instructor: Diana Shellenberger  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$20 resident/\$25 non-resident

## Healing Without Medicine: 8 Healing Sounds

Introduction to health building exercises that use movement, breathing, and sound to affect the internal organs. Both relaxing and invigorating, these exercises are rooted in traditional Chinese medicine. Appropriate for general wellness as well as many chronic illnesses.

18 & up: May 17, Tue, 10:30-11:30am 243230.05  
 Jun 21, Tue, 10:30-11:30am 343230.06  
 Jul 19, Tue, 10:30-11:30am 343230.07  
 Aug 16, Tue, 10:30-11:30am 343230.08  
 Instructor: Garth Reynolds, MSCTM, L.Ac.  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$10 resident/\$12.50 non-resident



## Senior Services

is a Division of the City's  
 Community Services Department

910 Longs Peak Ave | 303-651-8411  
 Office Hours: Monday - Friday, 8 am - 5 pm  
 LongmontColorado.gov/senior-services  
 email: senior@LongmontColorado.gov

*Division of Senior Services offers recreation, informational programs, resource guidance, and services for those 55 years plus.*

## Registration

Please register in advance for all programs, classes, events, and trips. Please refer to our catalog online for all the recreation and services available, and call or register online for those you are interested in participating. [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)

## Resources and Supportive Services

Senior Services Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others. Professional counseling staff and peer counselors provide one on one and group support. Resource staff; Veronica Garcia at 303-651-8716 or Amy Loberg at 303-774-4372 and Counseling staff; Brandy Queen at 303-651-8414. Specific support activities are detailed in the quarterly GO catalog and often include programs such as Advanced Directives and Medicare Basice. Support groups for Grandparents raising grandchildren, Parkinsons, Grief, and Caregivers.

## Senior Computer Technology Center

A computer and technology learning program for adults 50+. Group classes and one on one support are both available for a wide variety programs in Microsoft products, Windows, Genealogy, Apple products, e-readers, tablets, cell phones, and other new and emerging products and software. The quarterly GO catalog details opportunities.



*Recreation and Leisure activities are available; here are a few things that happen regularly:*

## Dances Thursday evenings, 7:00 - 10:00 p.m.

Dances are held at the Longmont Senior Center. Both singles and couples enjoy the fun. Price is \$4.00 per person.

## Exercise Classes

SilverSneakers, Yoga, Tai Chi, Feldenkrais, Pilates and more.

**Day Trips** to museums, the mountains, casinos and other popular touring places. Short Extended Travel to South Dakota in August, the Balloon Fiesta in October, and longer extended travel in 2017 to the South Pacific: Australia and New Zealand in April and a River boat trip on the Columbia River in the fall. Stop by the Senior Center to pick up the detailed itinerary if you are interested in group travel.

